

## ***The TRUMPET***

**January/February 2024**

A publication of the East Woodstock Congregational Church, 220 Woodstock Road, East Woodstock, CT 06244

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**The Trumpet deadline is the 20<sup>th</sup> of every month!**



### **“Habit-stacking”**

The term “habit stacking” was introduced to me during a physical therapy session. The phrase comes from a book by the same title by S.J. Scott. The theory is that we can add healthy, uplifting habits to our lives if we couple them with already established routines.

For example, one of the (many) exercises I’m supposed to do at home is squats and heel lifts (going up on your toes to strengthen your calves). Not surprisingly, I found it challenging to squeeze one more thing into my day – especially something that took effort and hurt.

My (very athletic, fit) therapist asked me, “What is something that you do every day? What is part of your daily routine?” Well, I put lotion on my face every day. Bingo! There is an opportunity. Now – couple that habit with another one and you have habit stacking. So now every morning I multi-task – as I apply my lotion, I go up on my toes and bend my knees. It’s a small change. And it makes a difference. I’m not taking more time out of my day and I’m accomplishing something that is good for me.

As we prepare to enter the New Year, I am pondering the question – what else would I like to add to my life? It doesn’t only have to be about adding habits that we feel we “should” do. That sounds too much like the drudgery of New Year’s resolutions that are almost always short-lived.

Instead, I wonder about blessings and benefits that I could add to my life. How can I increase moments of joy by changing my routine even a little bit?

In the evening before I go to bed, I go to our front door to ensure that it is closed and locked. Recently I have added to that daily habit. Now I open the door and sometimes I even step out onto the front deck in order to take a moment to look up, gaze at the stars, and notice the moon. In that quiet moment, I feel like I am placing myself and the world into God’s care as I prepare to sleep. I have “habit stacked” a moment of peace and awe into my life and it is a blessing.

Now I’m wondering if while I’m waiting for my tea water to heat up if I could intentionally take a moment to look out the window and really notice the beauty outside?

Or perhaps as I turn to my computer to tackle the day’s emails, could I pause and wonder who might need to hear from me today? Can I think of one person who might love to know that I’m thinking about them?

What habits can you stack in this New Year?

What small moments might enrich our lives or the lives around us?

In every moment, we are promised that the God of yesterday, today, and tomorrow is with us. We are invited to be aware and give thanks.

Blessings in the New Year...

Yours in Christ,

Rev. Dr. Susan J. Foster

**The following are the scriptures for the months of January and February:**

You are invited to read them as part of your daily devotions and as preparation for worship.

**January 7**

Genesis 1:1-5  
Psalm 29  
Acts 19:1-7  
Mark 1:4-11

**January 14**

1 Samuel 3:1-20  
Psalm 139:1-6, 13-18  
1 Corinthians 6:12-20  
John 1:43-51

**January 21**

Jonah 3:1-5  
Psalm 62:5-12  
1 Corin. 7:29-31  
Mark 1:14-20

**January 28**

Deut. 18:15-20  
Psalm 111  
1 Corin. 8:1-13  
Mark 1:21-28

**February 4**

Isaiah 40:21-31  
Psalm 147:1-11, 20c  
1 Corinthians 9:16-23  
Mark 1:29-39

**February 11**

2 Kings 2:1-12  
Psalm 50:1-6  
2 Corinthians 4:3-6  
Mark 9:2-9

**February 18**

Genesis 9:8-17  
Psalm 25:1-10  
1 Peter 3:18-22  
Mark 1:9-15

**February 25**

Genesis 17:1-7, 15-16  
Psalms 2 & 99  
2 Peter 1:16-21  
Matthew 17:1-9

## Worship News

*Join us for worship every Sunday at 10:00 a.m. in our sanctuary; masks are required. You can also join in online on Facebook Live at 10:00 a.m. Recordings of the service can be found on the church's Facebook page and our YouTube channel.*

**January 7:** Communion and Star Gift Sunday

**January 14:** Guest preacher: Rev. Carol Steinbrecher (our Regional Minister) will preach and lead worship with Pastor Sue

**January 21:** Bell choir playing

**January 28:** Breakfast church in fellowship hall followed by Annual Meeting

**February 4:** Communion Sunday

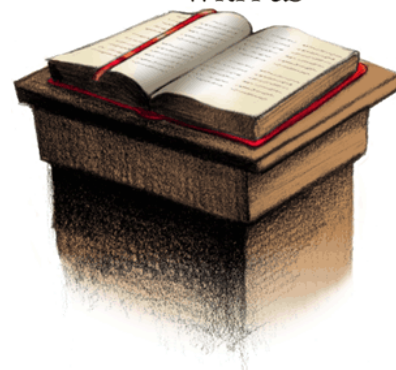
**February 11:** Jazz Sunday

**February 14:** Ash Wednesday. Service: 7:00 PM

**February 18:** First Sunday in Lent

**February 25:** Sacrament of Baptism

Study <sup>the</sup> Bible  
with us



*A mid-week  
opportunity for  
conversation, coffee,  
learning, and  
laughter.*

Give yourself the gift  
of time...

**Wednesday  
morning study  
group  
10:00 a.m.**

**Everyone is  
welcome!**

## **Poinsettias in the Sanctuary**

Our church was filled with poinsettia plants, donated by the following people  
in memory of or to honor loved ones:

Diane & Mark Billings: In Memory of Eileen & Francis Perrin and Marjorie & Oscar Billings

The Boisvert Family, Jean-Louis, Jaime, Aidan, Elise & Carleigh: In Memory of Armand Boisvert

Pam Brown: In Memory of George W. Brown and George & Barbara Brown and Norman Bourque

Patsy Converse: In Memory of her husband Franklin and son Thomas

Susan Converse: In Memory of George & Barbara Brown, Sharon K. Neely, George W. Brown, Thomas F. Converse,  
Franklin A. Converse, Jr.

Joan S. Crossman: To Honor Dottie Carlyle

John & Charlotte Davis: In Memory of John & Lucy Davis and Alice D. Murray

Bill & Karen Doyle: In Memory of our mom Betty Korswig and our friend Peter Gifford

Nancy Ducharme: In Memory of Carl Lyman and Steve Gottlieb

Wayne & Laurie Edwards: In Memory of Pauline Edwards

Kerstin & Richard Forrester: To Honor and Welcome Our Great-Grandson Beckett William Thomas-Rebello

The Green Family: In Memory of Hannah L. Green

Dennis, Kathie & Erin Kelly: In Memory of Rolf & Virginia Bate Swanson, Edmund & Mary Kelly, Eddie Whitman

Andy Krofina: In Memory of My Husband Doug Krofina

Tammy LaCoille & Cindy Morse: In Memory of Eugene & Barbara LaCoille

The Morin Family: In Memory of Celia & George Barrett and Estella, Barbara & Doris Barrett

Stewart & Barbara Morse: In Memory of Our Parents: Fred & Helen Harraden and Stewart & Janet Morse

Marilyn & Bob Rath: In Memory of our grandparents who immigrated from Germany, Switzerland and England

Heather & Brian Santos and Family: In Memory of Robert Durocher

Pat Sarasin: In Memory of my loved child of God, James H. Clair

Adam & Amy Shinkiewicz: In Memory of Pete Vogt Scott Shinkiewicz, Grandma Neely & Grandpa Shinkiewicz

Seth & DeEtta Spalding: To Honor Bill & Carol Cruttenden and In Memory of Paul & Avis Spalding

Guy and Dorothy (O'Keefe) Timm: In Memory of Andrew and Ethel O'Keefe

Stacy Vogt and Howard E. Smith: Pete Vogt, mom Sharon Neely, dad Howard A. Smith & our grandparents

Carrie & Allan Walker: In Memory of Dexter Young and Sidney Swenson

## LBS NEWS

LBS held our annual Christmas party in Fellowship Hall on December 13 with 16 women in attendance. Susan Converse and Pam Brown hosted the event. The tables were beautifully decorated, and we were served delicious treats along with hot mulled cider, coffee, and tea. Susan and Pam also ensured that we were well entertained with several word games, a sing-along accompanied by Marilyn Rath who played the accordion for us. We were sent home with sweets and caramel popcorn provided by Dot Hill! We collected several gift cards from supermarkets & gas stations for Pastor Sue to use for those in need during the year. **A delightful afternoon of fellowship.**

We did have a brief business meeting to review final results and disbursements from our Holly Fair. We generated a profit of \$9,857.22! We voted to use the funds as follows:

1. \$3,000 to EWCC General Fund
2. Purchase a new upright freezer to replace the old one. Cost approximately \$700. Kerstin will seek approval from Society.
3. Purchase kitchen utensils for cooking; some commercial baking sheets; and a couple of frying pans. Laurie Edwards is leading this effort.
4. Purchase seasonal 8-foot-long tablecloths – 4 of each. Kerstin will take care of this.
5. Fund the breakfast for our Annual Meeting

We have set aside funds for commitments as follows:

1. Painting of sanctuary \$5,000
2. Refurbishment of sanctuary and narthex \$7,000

**Our next meeting is on March 20, 2024 at 1:30 in Fellowship Hall.** Pam Brown will do a presentation on Roseland Park Committee Legacy Campaign; meeting will be hosted by Cris Waldron, Lorene Matsen, and Carol Cruttenden. ***All are welcome! There is no membership, only fellowship.***

❖ March 20	Roseland Park	Pam Brown
❖ April 17	Alaska	Christine & Glen Lessig
❖ May 15	Visionary Women	Ellen Duzak
		○ Celebrating Gardening

Kerstin Forrester, President, LBS

### Holly Fair Income Report 2023

<u>Booth</u>	<u>Expenses</u>	<u>Net Profit</u>
Baked Goods		\$1,062.00
Baskets	\$213.37	3,346.63
Candy		829.00
Crafts		1,569.50
Coffee, Cider, Tea	36.65	-1.65
Jewelry		714.75
New & Like New		1,795.59
Soup	262.60	446.40
<u>Donations</u>		<u>275.00</u>
<b>Total:</b>		<b>\$10,037.22</b>
Expense for Advertising		-180.00
<b>Net Profit</b>		<b>\$ 9,857.22</b>



### **Star Gifts**

*Several years ago, we began celebrating Epiphany with a new tradition of receiving "Star Gifts". About 400 different words are printed on colorful star-shaped paper. During the service, baskets of the stars are passed around and each of us takes one – without looking! When we receive our Star Gift, no matter what it is, we are asked to contemplate the meaning of the word in our lives over the course of the year. Sometimes the word will speak to you immediately; sometimes it is not so easy to see the relevance, but it is thought-provoking and often some meaning can be found even when you want to throw it back and take another! Please join us on January 7<sup>th</sup> when we will be receiving Star Gifts.*

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### **A CALL TO THE ANNUAL MEETING**

A call for the annual meeting of the East Woodstock Congregational Church which will be held on Sunday, January 28, 2024, immediately following worship to:

1. Hear and act on officer and committee reports.
2. Hear and act on the report of the Society Committee regarding the 2024 budget.
3. Hear and act on the report of the Nominating Committee
4. Hear and act on changes to the by-laws
5. Hear and act on any other business to come before the meeting.

Called by the Church Council

### **\*\*Attention all Committee Chairs! \*\***

The deadline for all annual reports is **January 8, 2024**. A complete copy of the Annual Report needs to be available to the Congregation by Sunday, January 21. Please do your best to get your reports to Heidi on time. Word documents are preferred. Thank you!

### **"Breakfast Church"**

Join us on Sunday, January 28<sup>th</sup> at 10:00 a.m. for our second annual Breakfast Church. We will meet in Fellowship Hall for a delicious meal and join together in worship as we are seated around the tables. Our choir and bell choir will share special music. We will give thanks for the gift of our congregation as we prepare for our annual meeting. The meeting will take place immediately following breakfast and worship.

# THANK YOU!!!

*Our church is blessed by the work of many volunteers. Every bit of effort and caring helps our church live out its calling to be the Body of Christ. This month we especially would like to thank...*

**Karen McFarlin** for organizing a spectacular arts and crafts show! With over 30 vendors and a huge crowd of visitors, the event was both fun and successful. We appreciate your time and talents, Karen!

**Laurie Edwards** for creating the beautiful stars for our sanctuary and offices. They are a lovely reminder of God's light in the darkness.

**Dorrie Scranton** for organizing the decorating party that transformed our sanctuary in time for Advent and Christmas. Thank you to everyone who helped decorate the tree, hang up wreaths, and string the garlands!

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## **Book Discussion Group**

**January 29<sup>th</sup> selection is The Light Keeper's Daughter by Hazel Gaynor**

*"They call me a heroine, but I am not deserving of such accolades. I am just an ordinary young woman who did her duty."*

1838: Northumberland, England. Longstone Lighthouse on the Farne Islands has been Grace Darling's home for all of her 22 years. When she and her father rescue shipwreck survivors in a furious storm, Grace becomes celebrated throughout England, the subject of poems, ballads, and plays. But far more precious than her unsought fame is the friendship that develops between Grace and a visiting artist. Just as George Emmerson captures Grace with his brushes, she in turn captures his heart.

1938: Newport, Rhode Island. Nineteen years old and pregnant, Matilda Emmerson has been sent away from Ireland in disgrace. She is to stay with Harriet, a reclusive relative and assistant lighthouse keeper, until her baby is born. A discarded, half-finished portrait opens a window into Matilda's family history. As a deadly hurricane approaches, two women, living a century apart, will be linked forever by their instinctive acts of courage and love.

There are several books with the title *The Light Keeper's Daughter*. Please make sure you get the one by Hazel Gaynor.

February 27: Book title to be announced. Watch the EWCC Weekly Reminder!

For additional information about our book group, please contact Anne Sorensen

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**Save the Date for our annual  
Women's Retreat  
at Camp Wightman!!**

**Friday – Saturday  
March 22-23, 2024**





## Outreach Committee News

### *Outreach Update: Gratitude*

Outreach is forever grateful to the generosity of our church community.

***Thank you for bringing joy to others during the Christmas season by providing gifts to:***

- Covenant to Care - 24 Children
- Domestic Violence Shelter - 7 children
- The Emergency Shelter - 9 children/teens
- Outreach purchased gift cards for adults at the Emergency Shelter
- Local community & individual needs



### ***I was a stranger and you welcomed me.***

EWCC members contributed \$90 to the Church World Service distribution of blankets around the world. These blankets provide warmth and comfort and reach families fleeing their homes, recovering from disaster, and more. Thank you!

**Covenant-to-Care** - Our wonderful DCF Social Worker liaison, Jeanne Murphy, retired at the end of this year and we appreciate all her dedication and caring and wish her all the best in her retirement. Her effective and compassionate communication with other social workers and with our Outreach liaison, Pam Brown, has assisted us in helping so many families within the DCF Foster Care and brought joy to so many. Social Worker Anna Rodriquez has volunteered to take Jeanne's place, assisting with a smooth transition.

### ***Meal Ministry***

*Outreach keeps our freezer filled with meals and schedules meal deliveries as needed. If you know someone in our community who needs a meal or has a longer health or family challenge and needs meals please contact Pastor Sue or any Outreach member.*

**Community Kitchen:** EWCC served 68 in-house and 12 take-out meals on December 4. The menu was cheeseburger casserole, french fries, and green beans with 15 pounds of hamburger donated from the Woodstock Creamery. Thank you, Angela Young, for your generosity to Community Kitchen!

**Domestic Violence Shelter:** Donations of new or very gently used towels are needed at the shelter on an ongoing basis.

**Volunteer opportunities:** Have you ever wanted to volunteer for an outreach project but do not have the time to make a long-term commitment to Outreach? There are numerous opportunities to help periodically as needs present themselves. If you are interested in being informed about these opportunities, please contact Christine Lessig at [cjohnstonlessig@gmail.com](mailto:cjohnstonlessig@gmail.com). (cont'd)

Examples of volunteer opportunities include:

- Transportation Team - Help drive people to visit a loved one, for an appointment, or other unique situations.
  - Help set up or take down our First Friday Food Fair
  - Help package food for the Woodstock School Families - *Caring Continues*
  - Help with a cooking night to replenish the freezer meals.
- 
- Transportation Team - Help drive people to an appointment or other unique situations.
  - Help set up or take down our First Friday Food Fair
  - Help package food for the Woodstock School Families - *Caring Continues*
  - Help with a cooking night to replenish the freezer meals.



## **First Friday Food Fair**

Food Distribution

**For anyone who could benefit from additional food support.**

**January 5 & February 2 from 9 am to 10 am**

We continue to appreciate and collect non-perishable food items.

Thank you!

## **Jazz Sunday!**

Come to worship at 10:00 a.m. on February 11<sup>th</sup> and enjoy foot-tapping, soul-lifting jazz music! We will celebrate the last Sunday in Epiphany with great music and good fellowship as we lift up our voices to praise God. Bring a friend!





- **The Work of Christmas**
- **by Howard Thurman**  
*Graphics by Heather Peck*



- **When the star in the sky is gone,**
- **When the Kings and Princes are home,**
- **When the shepherds are back with their flocks,**
- **The work of Christmas begins.**
  - **To find the lost,**
  - **To heal the broken,**
  - **To feed the hungry**
  - **To release the prisoner,**
  - **To teach the nations,**  
**To bring Christ to all,**
  - **To make music in the heart.**



### **Epiphany = Season of Awe**

The Christmas season ends 12 days after Christmas on Epiphany, January 6<sup>th</sup>. This begins the season when we celebrate God's light breaking through into the darkness. We are reminded that God's "light shines in the darkness and the darkness cannot overcome it." That is a magnificent promise.

We will be intentionally looking for moments when God's grace, mercy, and love break through into our weary, careworn world.



Epiphany encourages us to be in awe at God's work in the world. During this special season, everyone will be invited to share moments when they have noticed God at work and God's light shining in the darkness.

## ***Blessing for the New Year***

May we who have knelt  
at the manger  
always have room  
to hold within ourselves the Christmas Child.

May we who have gazed on the face of God  
learn to live fully,  
and to share freely  
all that we have and are.

So may Emmanuel – God with us and for us –  
be once again  
incarnated in the world.  
(Pat Bennett)

## ***Epiphany***

by Steve Garnaas-Holmes

*Ahead of them went the star  
that they had seen at its rising  
until it stopped over the place  
where the child was.*

— Matthew 2.9

In all our wanderings,  
the star stays with us—each of us.  
It goes ahead of you.  
The light of God that led the magi  
leads you every day.  
It will not depart from you.  
And others are following the same star.  
Their spirits go with you.  
If you ever wonder where you are,  
or where you're going,  
stop and look into the heart of things,  
and see the light, the humble star,  
going ahead of you  
with quiet grace and blessing.  
God be with you in this New Year.



***A Women's Retreat***  
***Friday, March 22 and Saturday, March 23***  
***at Camp Wightman, North Stonington, CT (40 minutes from our church)***

***“Released”***

John 11

We will immerse ourselves in the rich story of Lazarus being set free by Jesus, as we wonder what might be holding us back, what we need or want to be released from, what will help set our spirits free. This retreat will include time for renewal and fellowship. The retreat will start at 3:00 pm on Friday and conclude at 4:00 pm on Saturday. You are welcome to come just for the day on Saturday if you are not interested in spending the night. There will be free time for knitting, scrapbooking, reading, quilting, or even just relaxing. Please fill out the registration form and return it to Heidi Tucker as soon as possible. The cost for both Friday and Saturday is \$100. This price includes dinner on Friday evening, lodging for Friday night, breakfast and lunch on Saturday. The cost for just Saturday will be \$40. This price includes breakfast and/or lunch on Saturday plus all activities. The start time on Saturday is 9:30 am and concludes at 4:00 pm. Breakfast is served at 8:00 am. Visit our website [www.eastwoodstockchurch.org](http://www.eastwoodstockchurch.org) for more info!

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Registration Form

Paid:   ☐ By Check # \_\_\_\_\_ ☐ By Text

Name \_\_\_\_\_ Phone: \_\_\_\_\_

Email Address \_\_\_\_\_

In case of emergency, please contact:

Name \_\_\_\_\_ Phone: \_\_\_\_\_

- ☐ I will be staying overnight on Friday, March 22. Cost is \$100. Dinner on Friday, breakfast and lunch on Saturday are included. Please check one:
- ☐ I will be there for dinner.                      ☐ I will **not** be there for dinner.
- ☐ I will be coming just for the day on Saturday, March 23. Cost is \$40. Please check one:
- ☐ I will arrive by 8:00 am for breakfast & lunch.    ☐ I will arrive by 9:30 & stay for lunch.

Please return this registration form and your check to us by Sunday, March 10. Make checks payable to EWCC, with the word “retreat” on the memo line. Or text your payment to 860-357-6119 (Example: \$100 Retreat)

Financial assistance is available:

- ☐ I need financial assistance. Please call me with more information.

**If your plans change, please let us know before March 10.**

We cannot do refunds after that date.

# SUNDAY SCHOOL NEWS

## From the Children's Chapel

Hello EWCC Family!

The Sunday School has been doing well as a "one room schoolhouse". We often have students ranging in age from 4 to 13. While the students enjoy one another's company, they are ready for some more focused learning. If you would be able to teach one class – youngers or older – once a month, please reach out to Jessica Weaver Boose.

We have some good curriculum lesson plans for 2024!

The children of our church have also been enjoying their time in worship for communion. We will continue learning a song each month so we can participate in the final singing moment of communion Sunday. We really appreciate how that is being supported by the whole church family. More communion lessons will be worked into our Sunday school discussions this year.

In January the confirmation class will be going into Boston for 24 hours of learning from the homeless community. When they come back, there will be an opportunity for them to work with the Sunday school and share what they learned.

Here's to a New Year of all of us learning and growing together, as part of God's family.

Jessica WB



### **January Birthdays:**

Landen Morin	Jan 17
Sophia LePino	Jan 19
Logan Billings	Jan 25
Jack Billings	Jan 27
Lydia Young	Jan 28



### **February Birthdays:**

RJ Duncan	Feb 3
Brayden Bottone	Feb 7
Adelise Young	Feb 9
Libby Fischkelta	Feb 27

## A Picture to Color



January 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Happy New Year!	<b>2</b> 7:00 pm Choir	<b>3</b> 10:00 am Study Group 7:30 pm Al-anon	<b>4</b> 7:00 pm Bells	<b>5</b> 9 am – 10 am First Friday Food Fair	<b>6</b>
<b>7</b> Star Gift Sunday 10:00 am Worship	<b>8</b> Annual Reports Duell 6:00 pm Outreach 6:30 pm Deacons	<b>9</b> 7:00 pm Choir 7:00 pm Council	<b>10</b> 10:00 am Study Group 7:30 pm Al-anon	<b>11</b> 7:00 pm Bells	<b>12</b> 9:30 am MOMs Confirmants to City Reach →	<b>13</b>
<b>14</b> 10:00 am Worship	<b>15</b> Martin Luther King Day 7:00 pm Dartball	<b>16</b> 7:00 pm Choir	<b>17</b> 10:00 am Study Group 7:30 pm Al-anon	<b>18</b> 7:00 pm Bells	<b>19</b>	<b>20</b>
<b>21</b> 8 am Men's Breakfast 10:00 am Worship	<b>22</b>	<b>23</b> 7:00 pm Choir	<b>24</b> 10:00 am Study Group 7:30 pm Al-anon	<b>25</b> 7:00 pm Bells	<b>26</b>	<b>27</b>
<b>28</b> 10:00 am Breakfast Church Annual Meeting	<b>29</b> 7:00 pm Book Discussion	<b>30</b> 7:00 pm Choir	<b>31</b>			
February 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> 7:00 pm Bells	<b>2</b> 9 am – 11 am First Friday Food Fair	<b>3</b>
<b>4</b> 10:00 am Worship	<b>5</b> 9:00 am Community Kitchen Prep	<b>6</b> 7:00 pm Choir	<b>7</b> 10:00 am Study Group 7:30 pm Al-anon	<b>8</b> 7:00 pm Bells	<b>9</b> 9:30 am MOMs	<b>10</b>
<b>11</b> Jazz Sunday 10:00 am Worship	<b>12</b>	<b>13</b> 7:00 pm Choir	<b>14</b> Ash Wednesday 10:00 am Study Group 7:00 pm Service 7:30 pm Al-anon	<b>15</b> 7:00 pm Bells	<b>16</b>	<b>17</b>
<b>18</b> 10:00 am Worship	<b>19</b> Presidents Day	<b>20</b> TRUMPET DEADLINE! 7:00 pm Choir	<b>21</b> 10:00 am Study Group 7:30 pm Al-anon	<b>22</b> 7:00 pm Bells	<b>23</b>	<b>24</b>
<b>25</b> First Sunday in Lent 10:00 am Worship Baptism	<b>26</b> 7:00 pm Book Discussion	<b>27</b> 7:00 pm Choir	<b>28</b> 10:00 am Study Group 7:30 pm Al-anon	<b>29</b> 7:00 pm Bells		

**Upcoming Events:** March 22 – 23: Women's Retreat  
 March 24: Palm Sunday  
 March 28: Maundy Thursday  
 March 31: Easter



# **PRAYER PAGE**

*When we are apart from one another, we can be united in prayer...*

## **New Year's blessing:**

Consult not your fears, but your hopes and your dreams.  
Think not about your frustrations, but about your unfulfilled potential.  
Concern not yourself with what you tried and failed in, but what it is still possible to do.  
Now is the time to put aside past and present setbacks and failures and look with confidence to the new day called tomorrow.

~Pope John XXIII

## **The gate of the year**

I said to the man who stood at the gate of the year: "give me a light that I may tread safely into the unknown." And he replied: "Go out into the darkness and put your hand into the hand of God. That shall be to you better than a light and safer than a known way."

~Minnie Louise Haskins (1878-1957)

**In the busyness of this day  
Grant me a stillness of seeing, O God.**

~ John Philip Newell

